



British Athletic League – National 3 – Round 3 Bedford Sat 15th July 2017

1	Havering	322.5
2	Bedford & County	300
3	Yeovil Olympiades	279.5
4	Rugby & Northants	268
5	Chelmsford	267
6	Notts AC	264
7	Southend	243
8	Derby/Mansfield	239

A STRINGS				B STRINGS			
		Pos	Time/Dist			Pos.	Time/Dist
100	Josh Olawore	3	10.99	100	Joseph Ramie	2	11.00
200	Josh Olawore	3	22.25	200	Joseph Ramie	2	22.81
400	Tom Pitkin U20	3	49.81	400	Lewis Bailey U20	2	50.92
800	Finn Hutton U20	6	1:58.13	800	Adam McCarthy	5	2:04.24
1500	Paul Grange M35	4	3:57.57	1500	Matthew Bland M50	7	4:30.42
3000	Rob Warner M35	5	8:49.30	3000	Alfie Waithaka	5	9:21.58
3000 s/c	Rob Warner M35	4	9:50.43	3000 s/c	Jason Lendon M40	3	10:27.27
110H	George Hadler	3	15.86	110H	Karl Tucker	2	16.95
400H	Adam McCarthy	4	58.95	400H	Karl Tucker	2	58.4
L.J.	Joseph Ramie	1	6.91w	L.J.	Josh Olawore	1	6.83
H.J.	Shandell Taylor U20	7=	1.75	H.J.	Karl Tucker	7	1.50
T.J.	Joseph Ramie	4	13.55	T.J.	Shandell Taylor U20	3	13.01
P.V.	Luke Williams HCA	7	3.40	P.V.	Stuart Tufton M65	5=	2.60
S.P.	Laurence Goodacre	1	13.50	S.P.	Emmanuel Quarshie	1	12.87
D.T.	Duane Jibunoh	1	46.92	D.T.	Graham Holder M45 HCA	2	34.50
J.T.	Duane Jibunoh	5	45.43	J.T.	Luke Williams HCA	5	33.71
H.T.	Graham Holder M40 HCA	4	46.97	H.T.	Emmanuel Quarshie	6	17.19
4x100	Nathan Steele, Joseph Ramie, Lewis Bailey, Josh Olawore				4	44.23	
4x400	Lewis Bailey, Karl Tucker, Joseph Ramie, & Tom Pitkin				2	3:25.29	

Non scoring: 100m Nathan Steele

1	Havering	19	915.5
2	Rugby & Northants	17.5	860.33
3	Chelmsford	16	862
4	Notts AC	16	837
5	Yeovil Olympiades	13	793.83
6	Bedford & County	12	790
7	Southend	11.5	804.33
8	Derby/Mansfield	3	647